FIG PERFORMANCE
ELEVATE YOUR GAME

MEAL PLAN FOR WEIGHT LOSS

By Coach Dan Figueroa · ACSM CPT · Precision Nutrition Level 1

The one rule: every meal and snack has **protein, carbs, fats and fiber.** It keeps you full, fuels your brain and workouts, and helps you keep muscle while you lose fat.

BUILD YOUR PLATE

- **A palm of protein** (lean, most of the time)
- **A fist of vegetables**
- **High-fiber carbs** fill the rest
- Don't cut carbs to zero: adults need about **130 g a day**, more if you're active
- Protein: **0.7–1 g per lb** of body weight, or at least your goal weight in grams

KEEP IT 80/20

- About **80%** whole, nutrient-dense food
- About **20%** food you simply enjoy
- Flexible + enjoyable = sustainable
- Swap in foods you like, as long as each meal still has all four

BREAKFAST

- **Quick:** protein shake (30+ g protein) + sourdough toast with sugar-free jelly, avocado or peanut butter. Optional: 1 tbsp peanut butter in the shake
- **Yogurt bowl:** nonfat Greek yogurt, blueberries or raspberries, a little granola, a drizzle of honey
- **Bigger:** ½ cup egg whites + 1 egg, or turkey bacon, turkey or chicken sausage, with sourdough toast or a low-carb bagel

LUNCH & DINNER

- **Protein + carb:** chicken, turkey, lean steak or salmon with sweet potato, rice, whole wheat pasta, quinoa or bulgur, plus vegetables
- **Salad bowl:** chicken, lots of vegetables, a carb, light dressing (e.g. Bolthouse Farms)
- **Sandwich:** sourdough, turkey or ham (~30 g protein), vegetables, mustard
- Dinner: same template. Rotate proteins and carbs

SNACKS

- Protein bar + berries
- Protein shake + a few almonds + fruit
- Greek yogurt cup
- Beef jerky or protein chips + whole wheat crackers
- Always: **protein + fiber**

SAMPLE DAY

- **Breakfast:** protein shake + toast with peanut butter
- **Lunch:** chicken, sweet potato, vegetables
- **Snack:** Greek yogurt cup + berries
- **Dinner:** salmon, brown rice, vegetables
- **Snack:** protein bar + an apple

GROCERY LIST

- **Protein:** chicken breast, turkey, lean steak, salmon/fish, eggs & egg whites, turkey bacon, chicken/turkey sausage, nonfat Greek yogurt, protein powder, protein bars, beef jerky
- **Carbs:** sourdough, low-carb bagels, sweet potatoes, brown/white rice, whole wheat pasta, quinoa, bulgur, granola, whole wheat crackers
- **Fruit:** blueberries, raspberries, blackberries, apples, bananas
- **Vegetables:** salad greens + any vegetables you'll actually eat
- **Fats:** avocado, peanut butter, almonds, olive oil
- **Extras:** sugar-free jelly, honey, mustard, light dressing

EATING OUT & DRINKS

- Splurging is fine, but if your goal has a deadline, every splurge pushes it back a little
- Chasing the same goal for a long time? Set personal boundaries
- Do weekday drinks plus brunch, girls' night, guys' night, game day or family events fit your goals? Is there room to cut back?
- A glass of wine can be a treat if it fits your plan, but it isn't a health food

Want a plan built around you?

Book a free consult: in person at Fig Performance in Placentia, or a virtual call for online coaching.

figperformance.com
(714) 396-7178

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